



You Tube

All 4 Kids: Healthy, Happy, Active, Fit

The All 4 Kids videos are part of a complete curriculum called *All 4 Kids: Healthy, Happy, Active, Fit*. The program, funded by the University of Nevada Cooperative Extension and the USDA's Supplemental Nutrition Assistance Program Education (SNAP-Ed), is an interdisciplinary approach addressing childhood obesity with preschool children, their families and teachers. The videos promote physical activity while demonstrating the dances taught in the classroom. A DVD and CD of the songs are provided to participants who complete the program to share with their families.

The All 4 Kids Chant:

The *All 4 Kids Chant* video promotes indoor physical activity in children while demonstrating the All 4 Kids Chant, a daily warm-up routine that is used in the All 4 Kids: Healthy, Happy Active Fit program curriculum. The lyrics teach children about choosing healthy snacks and moving their bodies.

Boogie Oogie Slide:

The *Boogie Oogie Slide* video promotes rural, outdoor physical activity and play in children while demonstrating the Boogie Oogie Slide, a country line dance that is taught in the All 4 Kids: Healthy, Happy, Active, Fit program curriculum.

Pack It Up:

The *Pack It Up* video promotes indoor physical activity and play in children while demonstrating the Pack It Up hip-hop dance which is taught in the All 4 Kids: Healthy, Happy, Active, Fit program curriculum. The lyrics teach children about healthy snacks including Go, Slow and Whoa foods.

Ven Conmigo:

The *Ven Conmigo* video promotes playground, outdoor physical activity and play in children while demonstrating Ven Conmigo, a Latin, salsa dance that is taught in the All 4 Kids: Healthy, Happy, Active, Fit program curriculum. The lyrics teach children about acceptance of self and others.

For more information, contact:

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